

Healthy growth

Psychology



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Healthy growth Human development is a complex process involving distinguished development stages and characteristics. Childhood, adolescence, and adulthood are the basic stages of human development. Each of these stages has its own unique characteristics that identify members of the stage. Development at each stage however, has several obstacles that hinder successful development. This paper will therefore, analyze obstacles and societal concern about healthy development at the different stages.

Childhood is the first stage of human development. This stage lays the basis for higher stages of development and hence vital. Childhood stage is divided into early childhood and late childhood. Malnutrition in children results from unbalanced diet or lack of vital nutrients in a child's diet (Zornado, 2001). Failure to offer enough breastfeeding primarily marks beginning of diseases due to poorly developed immune system. This stage is also considered as the period during which children learn societal values. Lack of proper instruction or education during this stage leads to poor development of an individual and this is a factor of social concern (Zornado, 2001).

Adolescence follows immediately from childhood and it lasts up to late teenage. During this stage, individuals undergo both psychological and physiological transformation that leads to maturity. Problems of societal concern associated with this stage results physiological transformations. Hormonal changes make adolescents particularly unable to control their emotions. They therefore, become vulnerable to peer pressure ending up with unwanted pregnancies and use of drugs (AMA, 2011). Most notably, behavioral problems such as aggressiveness and deviant behavior are mostly associated with adolescence. It is the most vulnerable stage where

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the adolescents can be swayed to any behavioral identity through social influence. Sexuality is also a major problem during adolescence. Similarly, this problem is associated with peer influence and the impacts of the media on young generation (AMA, 2011).

Adulthood is considered as the last stage of human development. In most societies, adulthood begins in the early twenties. Adulthood is divided into early adulthood and late adulthood and each of the development stage has its unique characteristics. Midlife crisis is one of the main obstacles to successful development during adulthood. Midlife crisis results from dissatisfaction with the present status in life either socially, emotionally, financially, or in family relationships. Stress and depression characterizes midlife crisis as individuals seek to redefine their lives to what they feel they deserve. The phenomenon is universal and it has been known to cause chronic illness and stress among the elderly generation. Chronic illnesses such as cancer, diabetes, and arthritis are also a major challenge during adulthood.

In order to achieve healthy growth at each of these development stages, people to apply appropriate solution to tackle the obstacles. Feeding young children on a balanced diet can greatly reduce the associated complication. Breastfeeding during the early childhood stage is also promote healthy childhood. On the other hand giving the right education to the youths can greatly reduce adolescence challenges. Finally, midlife crisis can be addressed by proper organization of life and seeking professional assistance from psychologists whenever necessary.

References

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